

About us

Arthritis NSW (ANSW) is a member-based health charity founded in 1967 to help improve the lives of those suffering from arthritis, osteoporosis and related conditions.

As the peak body for arthritis support in NSW, our organisation works to empower the individual to manage their own condition towards achieving their personal meaning of ANSW vision *Freedom from arthritis*.

Who and how we help

Arthritis NSW is here to help, support and empower people with arthritis and related conditions. We are accessible to all people, from the newly diagnosed to those who have lived with the disease for some time.

We achieve this through the delivery of education programs covering topics such as lifestyle and nutrition, and health services which focus on self-management and gentle exercise.

The outcomes we seek for the people we help are improved or maintained joint functionality, reduced overall pain, and an improvement in quality of life.

Our key focus areas

- Prevention of disease
- Management of conditions
- Understanding and support
- Research towards improved treatments

Arthritis

NEW SOUTH WALES

- SINCE 1967 -

OUR VISION
Freedom from arthritis

Arthritis InfoLine: 1800 011 041

Phone: 02 9857 3300

Subscribe to eNews: eepurl.com/9rFd5

www.facebook.com/ArthritisNSW/

www.arthritisnsw.org.au

Support our work

As a non-government charitable organisation, we rely on the generosity of our donors, sponsors, members and other supporters to help us deliver our valuable services.



For information on how to support us, please visit:

www.arthritisnsw.org.au

STRONG

BEYOND ARTHRITIS

EDUCATION • EXERCISE • SUPPORT



HEALTH SERVICES OVERVIEW

Arthritis

NEW SOUTH WALES

Education

Arthritis NSW is a trusted source of evidence-based and up-to-date information on arthritis and its treatment.

Resources

An extensive range of information sheets and booklets is available for download from our website or by phoning our Health Services Team on 1800 011 041.

Community health education

Education programs are delivered across a number of platforms.

Community awareness sessions are delivered by our Health Services Team and tailored to the needs and interests of the social or professional group.

Rural health events are held in NSW to give people in rural communities access to information and education to help them better manage their condition, with the aim of living well with arthritis.

Publications

Arthritis Matters magazine provides articles on nutrition, exercise and managing your condition. Available via subscription, it is free to ANSW members.



eNews: Our free monthly eNewsletter keeps subscribers up-to-date on ANSW programs and the latest news about arthritis.

To subscribe, visit: eepurl.com/9rFd5.

Exercise

Our Health Services Team develops and delivers exercise programs tailored to the needs of people living with arthritis.

STRONG BEYOND ARTHRITIS

WARM WATER EXERCISE

Led by qualified health professionals, our Warm Water Exercise Classes are an excellent way for people with arthritis to build strength, ease stiff joints and relax sore muscles.



'The classes are soothing and help me to stay mobile'
– Warm Water Exercise class participant

STRENGTH & BALANCE EXERCISE



Our Strength & Balance program has been developed to benefit people with arthritis, building muscle strength through weight-bearing exercise. All classes are led by tertiary qualified health professionals.

'Our instructor has helped with my mobility and given me the confidence to go about my daily tasks' – Strength & Balance class participant

Support

Arthritis Infoline 1800 011 041

This toll-free service connects you with a health professional who can provide the most up-to-date information and reference material on managing your condition.

Support groups

Located across NSW, these volunteer-run groups provide social support, education and information about local resources and facilities.

Camps for children

Our camps provide children with juvenile arthritis (JIA) an opportunity to participate in fun and educational activities, in a safe and supportive environment, without the fear of being different.



Camp Footloose is an educational sport and recreational camp for children and young people with JIA aged 9 to 18 years.



Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years with JIA, with fun activities for the kids and their siblings.

For more information, phone 02 9857 3300.